



County Stamp Box



Family Planning. . .



Making the Commitment for a Healthy Future



STATE OF CALIFORNIA
Arnold Schwarzenegger, Governor
HEALTH AND HUMAN SERVICES AGENCY
S. Kimberly Belshé, Secretary
DEPARTMENT OF SOCIAL SERVICES

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Find out what family planning can do for you.

Your local family planning provider can give you:

- ⌘ Birth control information, methods & supplies to help you prevent an unplanned pregnancy
- ⌘ Screening and testing for a variety of reproductive health concerns including:
 - Breast & cervical cancer
 - Sexually transmitted infections
 - HIV/AIDS
- ⌘ Counseling to help you make good decisions about your reproductive health and to think about the number and spacing of your children
- ⌘ Information about how to talk to your partner and children about reproductive health issues
- ⌘ Confidential services by caring providers

Family planning services are available:

- ⌘ For men and women, including teens
- ⌘ In your community from a variety of health care providers
- ⌘ For no- and low-cost



For information about family planning services contact your doctor, county department of health, your health care plan, or the California Family Planning Hotline at:
1-800-942-1054.

Do it for yourself. Do it for the ones you love.